

Volume 68 Number 18 | May 8, 2023

LOOKOUT

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MORALE & WELFARE NEWS | CFB ESQUIMALT, VICTORIA, B.C.

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HMCS Edmonton RETURNS TO HOMEPORTR

Sailors from HMCS Edmonton are enthusiastically welcomed home by family and friends and on Apr. 28. More photos on page 2. Photos: Sailor First Class KP

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Welcome Home HMCS Edmonton!

HMCS Edmonton returned to CFB Esquimalt on Apr. 28, after a three-month deployment.

Sailor First Class Derbyshire shares the first kiss with their partner on His Majesty's Canadian Ship (HMCS) Edmonton's Brow Photos: Sailor First Class KP



Family members held their welcome signs and gathered at V-jetty to welcome HMCS Edmonton from Operation Caribbe.



Members of the Canadian Forces Sailing Association gather around a flagpole overlooking Esquimalt Harbour for Opening Day celebrations on Apr. 29. Photos: Nadine Lindberg

Opening Day puts wind in CFSA sails



Lookout for COMMUNITY

Peter Mallett
Staff Writer

The Canadian Forces Sailing Association (CFSA) celebrated its first public Opening Day at their new headquarters.

The Opening Day on Apr. 29 marked an important turning point for the club, says Kurtis Paddle, CFSA Rear-Commodore.

"It's the first time in a few years we have gathered together as a broader community, so everyone was eager to see each other and also get out on the water and sail," he said.

Not only was it the first open-invite

event at the new location, but it was also the first large-scale gathering the CFSA has held since restrictions surrounding the COVID-19 pandemic began. Last year at this time, the CFSA was moving from its former home at Monroe Head to their new location at Lang Cove, located in Naden, so this year's event carried even more meaning, Paddle said.

"Today was the perfect moment for the club to turn the page and look to future adventures together in our new home," he said.

Paddle is a civilian Department of National Defence (DND) employee who works for the Fleet Maintenance Facility (FMF) Cape Breton. He says the club's leadership has big plans for the CFSA, including the building of a new clubhouse.

These days, however, the club is still adjusting to the move. The floating docks need to get connected to dry land for foot traffic. Paddle says members are still required to take a boat from the small boat jetties located near the Public Works Graving Dock to get to their boats.

The CFSA provides recreation opportunities primarily for military personnel, their families, and civilian members of DND. For more information about the CFSA, visit www.cfsaesq.ca.

Paddle says expanding the CFSA's ranks and attracting new members is one of their key objectives and encourages anyone interested in joining to reach out to him at rearcommodore@cfsaesq.ca.



Leslie Basham, CFSA Fleet Captain, makes opening remarks with Ben Sproule, the club's Commodore, during Opening Day celebrations.



Members of Sailing Vessel Dark Star wave to CFSA Commodore Ben Sproule as part of CFSA Opening Day celebrations, Apr. 29 in Esquimalt.

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MANAGING EDITOR

Jazmin Holdway jazmin.holdway@forces.gc.ca

EDITOR

Kate Bandura 250-363-3130
..... katelyna.bandura@forces.gc.ca

WRITER

Peter Mallett mallett.peter@cfmws.com

PRODUCTION

Teresa Laird 250-363-8033
..... production@lookoutnewspaper.com

Leslie Eaton 250-363-8033
..... workstation3@lookoutnewspaper.com

ACCOUNTS/RECEPTION

Trina Winters 250-363-3127

ADVERTISING

Joshua Buck 778-977-5433
..... sales@forcesadvertising.com

EDITORIAL ADVISORS

Lt(N) Michelle Scott 250-363-4006
Rodney Venis 250-363-7060

FRENCH EDITORIAL ADVISOR

A/Slt Alexandre Springer
..... alexandre.springer@forces.gc.ca

Published each Monday, under the authority of Capt(N) J. Jeffrey Hutchinson, Base Commander.

Le LOOKOUT est publié tous les lundis, sous l'égide du Capv J. Jeffrey Hutchinson, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in PSP Policy Manual. Views and opinions expressed are not necessarily those of the Department of National Defence.

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Before the First Session: Progress Purgatory



Thomas Goenczi
Lookout Contributor

The most common question that breaches the surface after the initial decision to attend counselling is 'Now, what?'

Now, what indeed... Making the conscious decision is only half the battle. The final stage of initiating counselling is booking your appointment.

For some, action quickly follows a decision, but others find themselves in 'progress purgatory', a state filled with questions such as 'Do I really need to do this?', 'It's probably not going to help anyways', 'Why bother changing, life hasn't been that bad?', and 'What if my counsellor doesn't get me?'. The innate spark of needing to be better burns out quickly, so we must attend to

it deliberately, otherwise we might get stuck in wanting to progress but being unable to act on it.

The slow cultural shift toward the importance of mental health has led to the proliferation of mental health professionals in our communities. This abundance has its advantages and drawbacks. The endless number of options can be dizzying, but if you can select a therapist by yourself, find someone with experience or interest in the area you struggle with. Some practitioners are specialists, and some take a generalist approach. A simple search will provide a long list of trained and certified practitioners in your area, and directories such as Psychology Today will provide a more streamlined and efficient search.

Being vulnerable isn't easy but is necessary when you decide to overcome mental health struggles. Use the momentum to go to counselling, and do not negate it. A wide spectrum of emotions and thoughts often bloom during this anticipatory period; questioning whether counselling is something you really want to do, what it's

going to be like, or if it will even help, are provocations signalled from the undercurrent of anxieties. Two forces rule this limbo state: fear and apathy. They play a significant role in our lives, and reflecting on them is vital.

We often fear the potential outcome or are enveloped by a sense of apathy that is expressed through a lack of motivation. When you notice you feel fear or apathy when you think about counselling, there's a good chance you're coming up on something that has meaning to you. You must press forward to see yourself on the other side. In doing so you escape progress purgatory and finally move into a sense of growth.

Thomas Goenczi is a RCN Veteran, MA Clinical Counsellor - Private Practice: Well Then Therapy

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'Get off the fence' on racism

Lookout for
DVMAG

Peter Mallett
Staff Writer

When tackling racial discrimination in the workplace, Dr. Lisa Gunderson advises members of the Defence Team to pull no punches. "You are either engaging in your thoughts, actions, and behaviors in trying to advocate for racial equity in the workplace, being anti-racist, disrupting or dismantling racist systems spaces, or perpetuating it," said Gunderson. "There is no in-between."

On Apr. 25, Dr. Gunderson held a Q&A session as a follow-up to her first presentation, *Micro-interventions*, held on March 16 in recognition of the International Day for the Elimination of Racial Discrimination, part of the MARPAC Health and Wellness Strategy Speakers Series.

Dr. Gunderson encourages military members, Department of National Defence civilian staff and others not to sit on the fence when it comes to confronting those who are perpetuating racialized violence or racist policies. The alternative is much worse, she

explains, because it adds fuel to the fire and may make others assume you condone or accept racism.

During the Q&A session, Dr. Gunderson shared her insights on how to confront racism in the workplace and provided advice for department managers setting up workplace training on racism.

"I think my presentations went very well because there are so many people on the Defence Team who are already invested in fighting racism and sexism in their many forms," she said. "Not only did the presentation provide a platform for people who want to hear these discussions and get involved, for others I think there was some learning going on."

Andrew Au, Budget Manager for MARPAC HQ and the Civilian Co-chair of the Defence Visible Minority Advisory Group (DVMAG), believes the popularity of Dr. Gunderson's presentation provides further evidence that the Royal Canadian Navy and the Canadian Armed Forces and its membership are evolving.

"An important point raised by Dr. Gunderson was that if an organization's culture has truly changed, people will attend events like this without being asked," said Au. "That was the case here."

Dr. Lisa Gunderson is a psychologist, educator, community speaker, organizer, leader, equity consultant and trainer for various institutions in Canada and the United States. Her business One Love Consulting focuses on issues that impact IBPoC (Indigenous, Black, People of Color) populations, especially on racialized violence and mental wellness.

Born and educated in the United States, Dr. Gunderson is a registered clinical counsellor in Canada and an inactive licensed psychologist in California. She has some familiarity with the military and its structure as her husband Allen Gunderson, served in the U.S. Marines during the first Persian Gulf War.

She has taught at Camosun College, the Justice Institute of B.C. and Vancouver Island University.

"There is no in-between."

~ Dr. Lisa Gunderson

Get ready for an "UNTiDy" Conference

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Paul Seguna, LCdr (Ret'd) RCN
Special to the Lookout

No...this isn't a session on how to declutter your life by lifestyle guru Marie Kondo!

The "UNTiDys" was the jocular nickname for the University Naval Training Divisions (UNTD) program that ran from its official inception in 1943 during the Second World War to meet the demands of an expanding wartime navy until 1968.

After its inception, the program provided naval officer training to 8,000 university students who served as naval reservists in war and peace. UNTD alumni went on to serve in the regular navy and naval reserve, with many assuming command roles including at flag rank; in public service positions and political offices; in business and academic careers of note or just as good Canadian citizens making a contribution to our national life with the qualities of teamwork, leader-

ship and service above self they learned as young UNTD trainees.

The UNTD program was followed by other iterations of reserve officer training programs, such as the tri-service Reserve Officer University Training Program (ROUTP) that replaced it in 1969 under the unification of the Canadian Forces. The UNTD Association of Canada (UNTDA) was formed in 2001 recognizing all those who served as naval reserve officers, whatever their training regime. This past November, during its Annual General Meeting (AGM), the UNTDA amended its bylaws to welcome both active and retired members of the naval reserve of all ranks into full membership. With one stroke of the pen, the opportunity for the creation of a new, wide-scoped naval reserve association for Canada's Citizen Sailors was enabled.

The UNTDA conference being held in Victoria from 9-12 May has an increased significance in this year of the Centennial of

the Naval Reserve (NR100) as the association seeks to both celebrate the centennial and also serve as a foundation for the creation of a nationwide, all ranks naval reserve association including serving and former naval reservists as a legacy for the future.

In this context, the UNTDA is recommissioning itself to continue to serve as a forum for our naval reservists as they enter their second century of service to our country with the same pride, esprit de corps and dedication exemplified by naval reservists during the past century of service.

"The UNTDA has eyes on the future horizon of Canada's naval reserve as it recommissions itself to better play a role in that future," stated Graham Scott, UNTDA president.

A nomination process to fill positions on a new board in support of the recommissioning effort, led by Rear-Admiral (Ret'd) Jennifer Bennett, the UNTDA first Vice President, has concluded with a slate of recom-

mended candidates representing all ranks having stepped forward for election during the AGM to be held during the conference.

On May 12, not only will a broadly representative board be elected, but, if the resolution passes, the new association to be known as the Naval Reserve Association of Canada (NRAC), will be formally established. Bennett, herself a graduate of the UNTD follow-on Naval Reserve Officer Cadet (NROC) program, has stated: "Through the creation of a new Canadian naval reserve association the UNTDA is adapting its organization and culture to the contemporary naval reserve to include active and retired naval reservists at all rank levels."

Serving and former naval reservists can join now - and here's one of the more unique aspects of this new association - membership dues are optional. You can join as an Active or Passive member. Welcome aboard!

Learn more about the conference and new naval reserve association at untd.org.





Future HMCS William Hall officially named after heroic Black sailor

Lookout for SHIPS

Ryan Melanson
Trident Staff

The Royal Canadian Navy (RCN) has officially named its newest Arctic and Offshore Patrol Ship (AOPS), celebrating the future HMCS William Hall while honouring the legacy of the ship's namesake during a ceremony in Halifax on Apr. 28.

A large crowd gathered at Irving Shipbuilding's Halifax facilities for the occasion, including representatives from federal and provincial governments, shipbuilders, Navy and DND colleagues, future members of the ship's crew, and descendants of Petty Officer William Hall himself. Those descendants included former RCMP Chief Superintendent Craig Gibson, who was recently named as the Ship Sponsor for the future HMCS William Hall.

Gibson took part in the ceremonial aspect of the naming ceremony that involves break-

ing a bottle of champagne over the bow of a new ship, as a toast and to pass good luck on to the vessel and its crew.

Petty Officer William Hall, VC (1827-1904) is remembered for his heroic actions as a crewmember of the Royal Navy ship HMS Shannon during the 1857 Relief of Lucknow, showing bravery under fire and being one of only two members of his naval brigade to survive the battle.

The Honourable Anita Anand, Minister of National Defence, noted that Hall was the son of freed American slaves, and worked in shipyards growing up in the Annapolis Valley before becoming a merchant mariner and eventually enlisting in the Royal Navy in 1852.

"Hall overcame hurdles to serve his country, and for his service, he was awarded the Victoria Cross. He was the first Black Canadian, the first Canadian sailor, and the first Nova Scotian to earn this prestigious medal," she said.

Despite his heroic actions, William Hall was buried in 1904 in an unmarked grave without military honours, and his story wasn't well known until decades after his death, Anand added.

"Today is an opportunity to give Petty Officer Hall the gratitude and recognition that he deserved so many years ago."

Vice-Admiral (Vadm) Angus Topshee, Commander of the RCN, explained his predecessors decided to break with tradition in naming this new class of ships after Canadian naval heroes, and said he's grateful this provided the opportunity to share a historic moment with the many descendants of William Hall in attendance.

"We promise the crew who will operate this ship will do their best to live up to the legacy of your ancestor, because I can think of no greater way to honour his memory," he said.

Vadm Topshee also spoke about the AOPS project and the National Shipbuilding Strategy in general, and the significance of the new fleet of Canadian ships being built entirely inside the country. It's a massive undertaking that only a large nation-state like Canada could take on, he said, highlighting the complex nature of the builds and the skilled workforces required.

"The sheer size of William Hall behind us isn't enough to appreciate the true com-

plexity of all the different systems within that ship, and more importantly, the great sailors and the training and experience they require in order to operate it in support of Canada," Vadm Topshee said.

The future HMCS William Hall is the fourth of six Arctic and Offshore Patrol Ships being built for the RCN, and will be delivered later this year. It will be followed by the future HMCS Frédérick Rolette and the future HMCS Robert Hampton Gray, and it's expected that all six AOPS will be in the Navy's hands by 2025.

The crowd at the ceremony also heard from Dirk Lesko, Irving Shipbuilding President, who expressed pride in the progress of the AOPS program, while also looking ahead to the beginning of construction on the Canadian Surface Combatants. He said the company is currently readying its team and upgrading facilities in preparation for construction to begin next year. The project will see 15 ships delivered over the coming decades to replace the Navy's Halifax-class frigates and former Iroquois-class destroyers.

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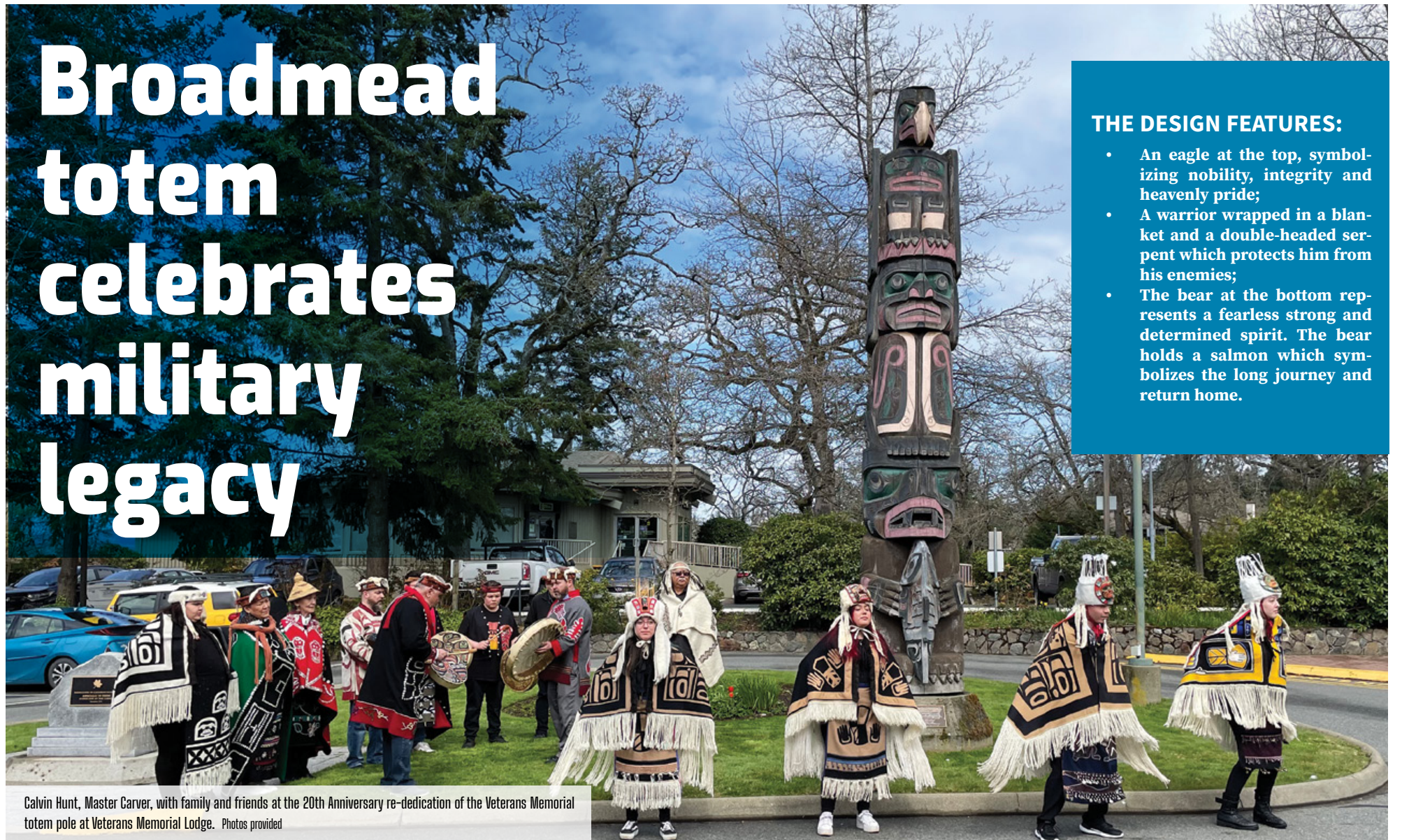
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Broadmead totem celebrates military legacy

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- An eagle at the top, symbolizing nobility, integrity and heavenly pride;
- A warrior wrapped in a blanket and a double-headed serpent which protects him from his enemies;
- The bear at the bottom represents a fearless strong and determined spirit. The bear holds a salmon which symbolizes the long journey and return home.

Calvin Hunt, Master Carver, with family and friends at the 20th Anniversary re-dedication of the Veterans Memorial totem pole at Veterans Memorial Lodge. Photos provided

Lookout for COMMUNITY

Peter Mallett
Staff Writer

For years, the legacy of Indigenous veterans has permeated one Victoria long-term care home in the shape of a majestic totem pole over the main entrance.

On Apr. 26, staff and residents at Veterans Memorial Lodge, together with members of the Tsawout First Nation of Saanich, commemorated the 20th anniversary of the totem pole created with the help of Indigenous artist Calvin Hunt.

Approximately 120,000 Indigenous, Métis and Inuit people served in the Canadian Armed Forces in major military conflicts of the 20th Century. The totem reflects this legacy, says Derrick Bernardo, Broadmead Care President and CEO.

“We were honoured by the opportunity to spend time with Eric Pelkey, and Calvin Hunt who, along with his family and friends, took time out of their busy lives to travel to help commemorate the 20th anniversary of the

totem pole. We appreciated the openness with which they shared their culture with us, and were glad for the chance to learn more about the totem pole and its history. Indigenous veterans sacrificed much for Canada, and it is our privilege and honour to be the custodians of such a monument to their service,” said Bernardo.

The ceremony included stories about Indigenous veterans from the First World War to present day. Also attending the ceremony was Eric Pelkey, the WSÁNEĆ Leadership Council’s Community Engagement Coordinator and Hereditary Chief of Tsawout First Nation.

Hunt, a master carver from Port Hardy and a member of the Kwakiutl First Nation. He created the totem pole in 2002 along with artists Mervin Child and John Livingston. The pole was unveiled in 2003 and depicts contributions and sacrifices made by Indigenous veterans.

“There are certain elements that represent the unifying symbolism of various animals and legends which I follow through the knowledge and teachings of my Chiefs, Elders and artists,” Hunt says.

Hunt follows the traditional Northwest Coast Kwagw’l style of carving and work with red cedar to carve totem poles, masks and dance outfits to celebrate Kwakwaka’wakw culture of northern Vancouver Island.

“As I work within the traditional Northwest Coast Kwagw’l style, I am reminded of the diversity, spirituality, transformation and meaning of our Kwakwaka’wakw culture,” says Hunt about his artwork.

Broadmead Care also unveiled a digital rendition of the totem pole, preserving the beauty of Hunt’s artwork for future generations. The rendition is part of a veteran-founded software company titled Memory Anchor, funded by Veterans Affairs Canada. It is dedicated to the long-term digital preservation of monuments, memorials, vehicles, and artifacts. Memory Anchor produces high-resolution 3D images that are accessible via com-

puter or smartphone, in augmented reality.

Broadmead Care, a non-profit organization, has five locations in the Victoria area, including Veterans Memorial Lodge in Saanich. Broadmead offers long-term care and programs for people who require assistance every day.



Veterans Memorial Lodge Métis resident Rolland Bremner receives the gift of a painting commissioned from Port Alberni artist Andrew Bartley along with Eric Palkey (the WSÁNEĆ Leadership Council’s Community Engagement Coordinator and Hereditary Chief of Tsawout First Nation), Janet Power (Director, Veterans Memorial Lodge), and Calvin Hunt (Master Carver, Northwest Coast Kwakwaka’wakw Totem Pole Artist).



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Lookout
SPECIAL FEATURE

BATTLE OF THE ATLANTIC STORIES: HONOURING HMCS TRENTONIAN

Roger Litwiller
Canadian naval historian and author

On the first Sunday in May, Canadians gather across the nation to commemorate the service and sacrifices by our Royal Canadian Navy (RCN) during the Battle of the Atlantic in the Second World War.

The names of the ships lost will be called aloud and a bell will ring for each ship. During the service, each of us will repeat the promise, We Will Remember Them.

Seldom do we talk about the Canadian sailors that lived, worked, fought, and died in those ships. Over 100,000 Canadians joined the RCN, Royal Canadian Navy Reserve (RCNR), Royal Canadian Navy Volunteer Reserve (RCNVR) and the Women's Royal Canadian Naval Service (WRCNS). It is their service at sea and ashore that ultimately provided victory during the Battle of the Atlantic.

WE MUST HONOUR THEIR STORIES.

One of the RCN ships lost during the war was the Increased Endurance corvette HMCS Trentonian. Built at Kingston, Ont., she was commissioned on Dec. 1, 1943, under the command of Lieutenant William Harrison, RCNR.

Trentonian's ship's company was made up of sailors from across Canada. Corvettes were designed for just over 50 sailors to live in, work and fight, but Trentonian, like other Canadian corvettes, carried over 90 or more sailors. Of all these men, only one was Regular Force RCN. The vast majority were RCNVR and prior to enlisting, had never seen the ocean.

This 'little ship' worked up in Bermuda before joining the Halifax Escort Force, escorting convoys from Halifax, NS, New York City, and St. John's, Nfld. It actively hunted U-boats on our Eastern Seaboard and even rescued a crippled Royal Navy submarine off Newfoundland.

Trentonian transferred to the UK in April 1944 and actively participated in the Invasion of Normandy. During the night of June 12, Trentonian was escorting a British cable layer, when the two ships were fired on by an American destroyer. Trentonian suffered several near misses, but unfortunately the cable layer bore the brunt of the attack, killing three and wounding over 20.

Post-invasion operations included escorting many convoys around the UK and the English Channel. Trentonian came under direct attack by the large German railguns at Calais while escorting a convoy through the Straits of Dover.

In January 1945, Lieutenant (Lt) Colin Glassco, RCNVR took over command of Trentonian and shortly after came to the rescue of a burning merchant ship in the Irish Sea.

Trentonian had a distinguished career during its 15 months of service. Ten minutes on

Feb. 22 had the greatest impact on the sailors in this historic Canadian corvette.

On this date, Trentonian was escorting a convoy of 14 ships in two columns from Milford Haven and scuttlebutt (rumour) in the ship was that they were going to take the convoy all the way to the recently liberated Port of Antwerp.

According to the Commanding Officer's report, they had been in heavy fog when the convoy entered the English Channel, which had lifted at about 1030. At 1200, the navigator took his noon fix from the bridge while the hands were called for the issue of the rum ration and lunch.

Suddenly at 1320, the second ship in the port column erupted in a violent explosion. The Alexander Kennedy, a British steam merchant immediately began to sink. In Trentonian, the piercing alarm for Actions Stations sounded as the officer-of-the-watch ordered the helm to port to begin hunting the U-boat on the side of the convoy the attack came from.

A signal was received from the convoy commodore that the sinking merchant ship had been torpedoed on the starboard side, indicating the U-boat was likely on the opposite side of the convoy. Now committed to the port turn, Lt Glassco continued the turn, passing through the columns of ships. The sailors in the corvette now closed up at their Actions Stations and watched the merchant sailors scrambling to abandon Alexander Kennedy, remarking how cold the water would be.

At 1330, there was a violent explosion felt through the entire corvette.

Trentonian had been struck by a single torpedo in the after part of the ship, opening the stern of the ship to the sea. Sailors Moyle Beck, Robert Catherine, Colin Harvey and John Fournier died instantly.

Debris was blown high into the air. Frank Barron and his shipmates on the forward gun had to take cover under the gunshield as jagged pieces of their ship rained down on them.

Francis Hindle, the Engineering Officer, ordered the engine shut down, now racing wildly as the corvettes screw had been blown off, then ordered the engine room evacuated as water was flooding through the damage shaft.

Sydney Coates and the other stokers shut down Trentonian's boilers and started to blow off the steam as they could hear the water rushing into the engine compartment next to them.

John McCormick was the youngest sailor in Trentonian and had the honour of being the skipper a few weeks earlier on Christmas day. Now he was trapped in the twisted wreckage of his ship.

Jack McIver was in the after gun tub when the concussion of the explosion, below his position blew him into the air.

The order to Abandon Ship was given; the signal officer placed all the code books and

ciphers into weighted bags and threw them into the English Channel.

By the time the stokers had released the steam from the boilers and headed up top, the outer hatch for the air lock was under water, trapping stoker Bruce Keir. Eventually his shipmates could equalize the pressure in the air lock and force the hatch open.

Trentonian's ships company began to abandon ship, their home for the past 15 months. Those wounded were moved to the ship's whaler. Gordon Gibbins recalls taking off his sea boots and stowing them under one of the ammunition lockers thinking he could retrieve them later, then jumping over the rail into the English Channel.

Trentonian's bow steadily rose as the corvette's stern settled lower and lower. By the time Donald Dodds, the Gunnery Officer, had ensured his gun crew was off the ship, the bow of Trentonian was quite high in the air. He walked to the edge of the gun deck and did a perfect swan dive into the water below. From that point on he was known as 'Swan Dive Dodds'.

Trentonian's Commanding Officer remained on the bridge as long as possible, making his way to the boat deck to meet with Hindle, the engineer who reported the after part of the ship was clear, and William Kinsmen, the Executive Officer. Hindle then abandoned ship, followed by Kinsmen who took charge of the whaler with the wounded. After one last look to ensure there was no one left aboard that was alive, Glassco waded off his ship, as the boat deck was now submerged.

They all watched as Trentonian's bow rose out of the water, reaching a near vertical position; afterwards, their corvette began its decent. By 1340, the Trentonian was gone, just 10 minutes after the torpedo slammed into their ship. After 45 minutes in the water, the 96 survivors, including 14 wounded, were rescued by two Royal Navy Motor Launches.

Other escorts nearby had immediately come to hunt the U-boat, but U-1004 had made its escape.

As they were being raced to Falmouth, Lt Gordon Stephens, an Anti-Submarine Officer with RCNVR who was critically injured by the initial explosion and blown into the water, died of his wounds.

The Trentonian earned the Battle Honours, Atlantic 1944, English Channel 1944-45 and Normandy 1944. With the loss of the corvette also came the distinction of being the last corvette lost in action with the enemy.

During our services of Remembrance, it is not the ships' names, nor the great battles that were fought that we promise to remember.

It is the names of over 2,000 RCN sailors that sacrificed their tomorrows for our future that we renew our sacred oath each time we speak those powerful words,

HMCS TRENTONIAN

We will remember them.



We will remember them!

Photo: "Trentonian off Land's End on 22 February 1945". The corvette has a slight heel to starboard, giving us a view into the ship; we can see members of the ship's company closed up at their respective stations throughout the ship. When this photo was taken, it was just a normal day at sea, escorting one of the many convoys. Missing from this photo but included in the article is William Kinsmen, Executive Officer.

Roger Litwiller has conducted extensive archival research on HMCS Trentonian, including interviews with members of the ship's company for his book, *White Ensign Flying*.

Lookout for
EVENTS

2023 Navy Run Race Day Routes Announced!

Running through the beautiful streets of Esquimalt, this year's in-person races feature a 5k loop from the Base to the beginning of Saxe Point and back, while the 10k loop heads farther down the road towards Work Point before looping back. Virtual options are still available. Visit navyrunesquimalt.com for suggested virtual routes and digital maps to share.

RUNNING TIPS

Get ready for race day!

AVOIDING INJURY

It's important to keep our feet healthy, something that novice runners often don't think about, resulting in painful overuse.

FUEL UP

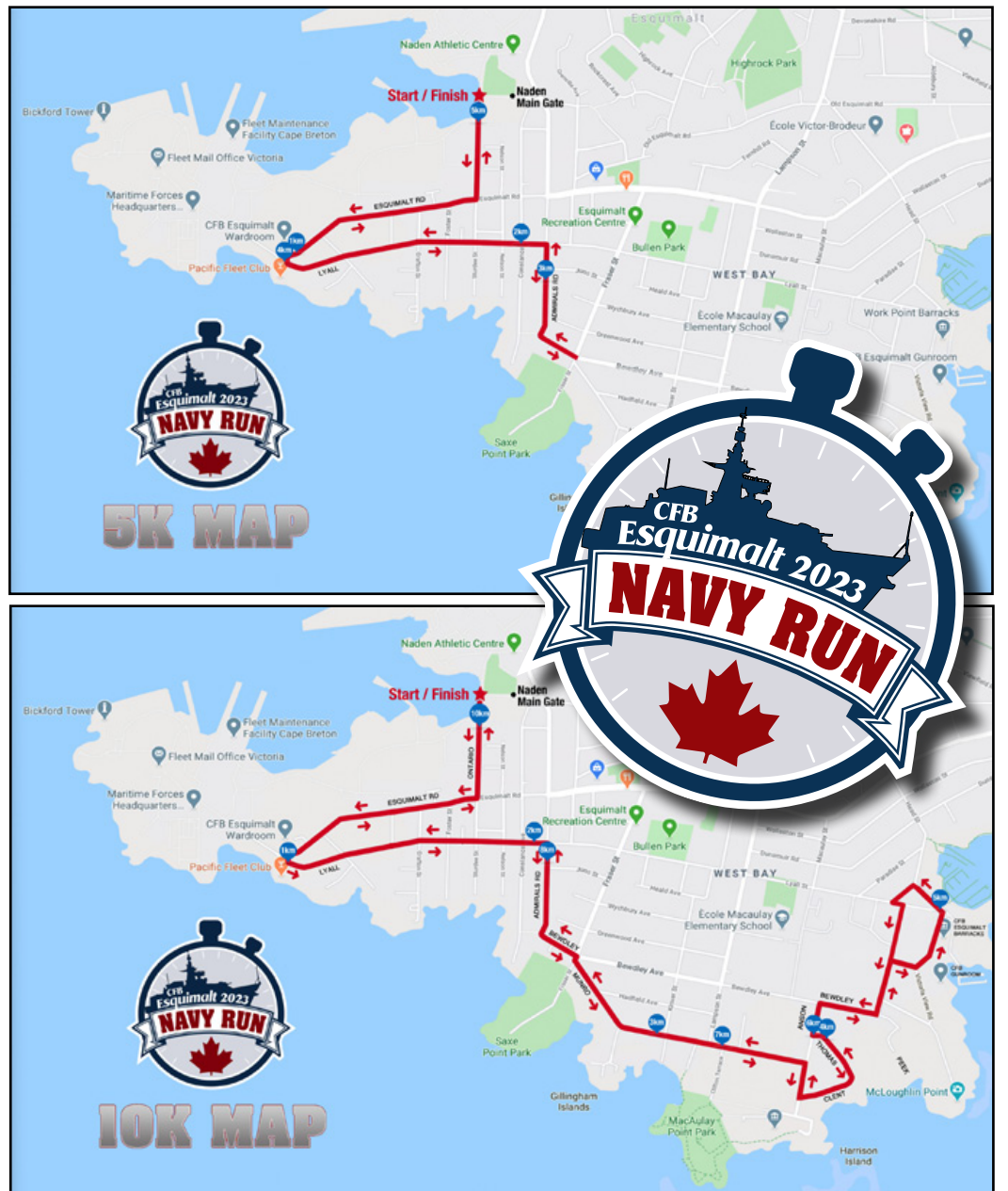
Choosing healthier snacks today means an energized well-fueled body for race day.

START RIGHT

Make sure you're taking the necessary steps to nourish your body and help protect yourself from injury prior to and following a run.

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Navy Run CFB Esquimalt Shirt Design

REVEALED

The announcement we have all been waiting for...

The release of the 2023 Navy Run shirt design is here! Highlighting the arrival of the Royal Canadian Navy's new Arctic and Offshore Patrol ship, HMCS Max Bernays while celebrating the 100th anniversary of the Royal Canadian Naval Reserves, this shirt is one for the collection.

The design of the shirt was created by Lookout Creative Designer Teresa Laird.

The price of the shirt is included in all adult registration fees and available for kids participating in the kids run at a small cost.

Visit navyrunesquimalt.com for more information and to register. This year's event is one that can't be missed!



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Peter Chance meets Prince Edward

Lookout for HEROES

Gerry Pash
Special to the Lookout

A 102-year-old Commander (retired) Peter Chance meets the new Duke of Edinburgh, Prince Edward.

Chance's meeting with Prince Edward took place on Apr. 27 at the Fairmount Pacific Hotel in Vancouver as part of the Duke of Edinburgh's Gold Award Ceremony. Chance told the Lookout his meeting with Prince Edward was highly rewarding.

"Our conversation was very pleasant, and this is because Prince Edward is a very personable man," Chance said. "I wasn't too nervous about the meeting; our exchange was very casual and pleasant. We talked about the great success of the awards program since it began."

It wasn't the first time Chance has met with royalty. He previously met Prince Phillip, the founder of the program, when he founded the Duke of Edinburgh award in 1956.

Chance served a distinguished 31 years in the Royal Canadian Navy during the Second World War and Korea, then for five years as the first Executive Officer at Osgoode Hall Law School. At 54 years of age, in 1974, he moved to British Columbia where he established the Duke of Edinburgh's Award as the founding Executive Director for Youth for BC/Yukon Division.

The Duke of Edinburgh's Award has inspired thousands of B.C. youth to reach for their best and discover their inner strengths and then take the lessons learned into productive lives and careers. Chance was tasked with reaching out to schools, youth groups, municipal councils, and community members across B.C. to recruit volunteer leaders and community representatives. This was undertaken with a modest honorarium and application of his own resources for 12 years from 1975 to 1987.



Peter Chance shakes hands with Prince Edward and meets with Randall Mang, Chair of the B.C. Council for The Duke of Edinburgh's Award and Lieutenant-Commander (ret'd) Gerald Pash, a long-time member of the B.C. Council. Photo provided

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DE SÉCURITÉ ROUTIÈRE DU MDN

Just Joking Around
with the
LOOKOUT

Why is there no Jedi navy?
Sailing is a path to the dockside.

Celebrating Excellence: Fleet School Instructor Achieves "First" for RCN



Michael McWhinnie
Public Affairs Advisor, NPTG

Every once in a while someone accomplishes something exceptional, and the only appropriate response is to expend a confetti cannon!

The leadership at Naval Fleet School Pacific (NFS(P)) recently celebrated one such occasion when Petty Officer Second Class (PO2) Chris Campbell, a Marine Technician (MARTECH) instructor, became the first Royal Canadian Navy (RCN) member, and only the second person in uniform to earn a Level 3 qualification in the Canadian Armed Forces (CAF) Instructor Development Program (IDP).

"We are all very proud of what PO2 Campbell has accomplished," said Commander (Cdr) Maude Ouellet-Savard, Commandant of NFS(P). "It's a great example of leadership. He demonstrated the initiative required to do something none of his peers had done before and, in so doing, has set a precedent that we encourage others to emulate."

Although the Canadian Forces Individual Training and Education System (CFITES) has long provided guidelines for training establishments to develop military instructors, it wasn't until December 2020 that the CAF IDP featuring three certification levels was formalized. The program aims at standardizing qualifications and providing a path for instructors to further develop their expertise and professionalism.

"The operational excellence demonstrated by RCN crews at sea is predicated on the quality of instruction we deliver in our training establishments," explained Cdr Ouellet-Savard. "The time and effort PO2 Campbell invested in his professional development will begin to pay immediate rewards through improved curriculum development and classroom delivery."

Accompanied by his wife Scarlett, PO2 Campbell was presented his IDP3 certificate during an honours and award ceremony at NFS(P) during the forenoon of Apr. 13.

"It's a great feeling to set a goal and work through all the challenges to achieve it," said PO2 Campbell. "I am grateful for all the encouragement I received from the people in my Divisional System, the guidance provided by the program coordinator Sarah Valentine and the support of Maj Handley throughout my evaluations".

The IDP is comprised of three discreet levels. The primary step of the programme is to gain the *Instructional Techniques* qualification, a prerequisite for all Naval Training Group personnel employed in a training role.

Having achieved Level 1 certification, instructors may proactively seek to build on this foundational knowledge by pursuing the *Alternate Instructional Techniques* qualification, completing several workshops, and undergoing interactive classroom assessments resulting in a Level 2 certification.

The prestigious Level 3 certification entails completing two supplementary courses: *Instructional Supervisor* and *Facilitative Instructional Techniques*. Additionally, candidates are evaluated on their ability to apply advanced facilitation and team coaching techniques in a practical setting.



Left to Right: Major Harold Handley, Chief Petty Officer First Class Stan Budden, Commander Maude Ouellet-Savard, Petty Officer Second Class Chris Campbell, Scarlett Campbell, Sarah Valentine, Lieutenant-Commander Colin Dudeck. Photo provided.

SKEWED

ANDREW

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Provided by Andrew Currie

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NOTICE:

There have been several changes to the **Spring PSP Health Promotion Course Calendar**. Please make note of the following information:

1. **Respect in the CAF**, previously scheduled for May 2, is **RESCHEDULED** to May 15
2. **Creating an Addictions Free Workplace** for May 15/16 is **CANCELLED**
3. **Stress: Take Charge** previously scheduled for May 4 is **DELAYED** to May 18 and will run over 2 days: May 18 & May 25



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SISIP SPEAKERS:
SHANNON CHILDS - FINANCIAL PLANNER
CRAIG YORK - FINANCIAL COUNSELLOR

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SISIP is a safe space designed to encourage questions and grow interest and understanding in an area of your life that should not be hard, embarrassing or a secret!

Join on Zoom - May 25, 6 - 7pm
<https://cfmws.ca/esquimalt/events-activities/events/mfrc-sisip-workshop-smart-solutions>



2023 Support Our Troops Scholarship Program

for families of currently serving Canadian Armed Forces members and veterans

This letter announces details of the 2023 Support Our Troops Scholarship Program available to families of currently serving members of the Canadian Armed Forces (CAF) and veterans for the 2023/24 academic year.

This program is made possible through Support Our Troops, the official charitable cause of the CAF Community. Support Our Troops is supported by donations from individual Canadians, contributions from third party events and external organizations and proceeds from the sale of Yellow Ribbon merchandise. This Program is intended to complement but not duplicate other scholarship programs offered to the CAF Community.

This year (2023) represents the ninth year of the Support Our Troops Scholarship Program whereby eligible families of currently serving members of the CAF, families of veterans and bereaved families may qualify to receive a scholarship. At this time, a minimum of seventy-five (75) scholarships are available, ranging between \$500 and \$5,000 in value.

Registration for the 2023 Support Our Troops Scholarship Program will open on May 1 at supportourtroops.ca/Get-Support/Education/Scholarships.

APPLICATIONS MUST BE SUBMITTED BY JULY 20 AND ARE TO INCLUDE:

1. A three-part essay;
2. A letter of reference;
3. Most recent academic transcript;
4. Proof of enrollment from academic institution;
5. A point form list of volunteer/civic engagement activities.

Applications will be reviewed by a selection committee and recipients of a Support Our Troops Scholarship will be announced in September.

Members of the CAF Community looking for additional financial support related to post-secondary education are encouraged to learn more about Student Lines of Credit and to book an appointment with a lending expert from BMO Bank of Montreal.

In addition to the scholarships identified above, Support Our Troops also administers and distributes bursaries from the annual interest generated from the George and Helen Vari Foundation Education Bursary Program. Active members of the CAF who meet eligibility criteria may apply. For more information, please visit: supportourtroops.ca/Get-Support/Education/George-and-Helen-Vari-Foundation-Education-Bursary.

CFMWS welcomes other donations and contributions to help deliver and expand the Support Our Troops Scholarship Program. Persons interested in this regard are encouraged to visit the supportourtroops.ca/Give-Support for more information.



Outward Bound Canada launches full scholarships for youth of veteran families

Outward Bound Canada (OBC) has launched an exciting new initiative to offer full scholarships for youth of parents or guardians who are or have been serving members of the Canadian Armed Forces (CAF). This program, made possible thanks to the generous funding provided by W. Brett Wilson, aims to provide youth aged 12-19 with opportunities to develop their leadership potential and connect with their peers while enjoying epic outdoor adventures.

Designed to promote diversity and inclusivity, the program will bring together young people from different backgrounds and lived experiences on extended wilderness-based expeditions. Applicants must be between 12-19

years of age and currently residing in Canada, have a parent or guardian who demonstrates their (current or previous) membership with the CAF, and be interested and motivated to participate in the Outward Bound program.

The Youth of Veteran Families scholarship provides a fantastic opportunity for youth in Canada to experience the outdoors, learn valuable leadership skills, and connect with other young leaders. Learn more about the program and apply by May 14 at outwardbound.ca/courses-for-youth/scholarships-for-youth-of-veterans.



OUTWARD BOUND CANADA



443 Squadron appoints new Honorary Colonel

Lookout for EQUALITY

Lieutenant-Colonel (LCol) Steven P. Deschamps was presented with the Canada Pride Citation in a private ceremony presided over by Vice-Admiral Angus Topshee, Commander of the Royal Canadian Navy, on Apr. 18 at the Songhees Wellness Centre in Esquimalt. The next day, he was installed as 443 (MH) Squadron Honorary Colonel at a ceremony at the Air Force hangar at Victoria International Airport.

The Canada Pride Citation is awarded by the Government of Canada to recipients in ceremonies across Canada April-June. LCol Deschamps was one of four receiving the Citation.

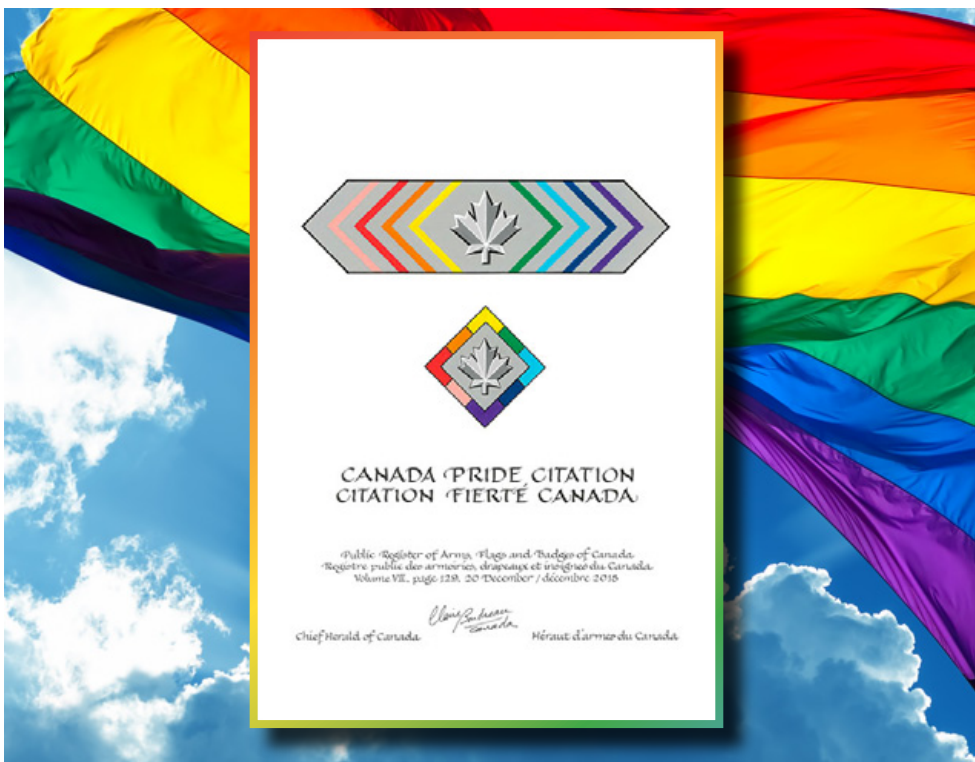
LCol Deschamps joined the Canadian Armed Forces in 1979 as a pilot and was purged in 1982. The SIU tapped his phones, interrogated and polygraphed him systematically over five months and he was


released in June 1982 under CFAO 19-20, section 5D, "no longer advantageously employable" simply because he refused to lie about his homosexuality.

He fought his way back into the Royal Canadian Air Force in November 1992 returning to wearing the uniform and is known as one of the first homosexuals to re-enroll after the famous case against the CAF led by Michelle Douglas was settled in October 1992.

Steven retired in 2013 after serving 31 years in the Regular and Reserve Forces.

Today he is honoured to serve on the Board of Directors of the Rainbow Veterans of Canada, the Minister of Veteran Affairs Advisory Group for Families, the Advisory Council for the Canadian Human Rights Museum, and is as founding president of the CIC Branch Association of B.C. Steven was appointed Honorary Colonel for 443 Maritime Helicopter Squadron by the Minister of National Defence in Nov 2022. Steven lives in Victoria, British Columbia.





OGDEN, Roxanne "Rocket"
Sept 19, 1963 - April 12, 2023

It is with profound sadness that we share the passing of Rocket Ogden, after a courageous battle with cancer. She leaves behind her son, Spencer (Jasmine), her brothers Warren and Gary, her cats Simon and Willow, and many loved relatives and friends.

In lieu of flowers, donations can be made to the Rainbow Kitchen.

Please share condolences and memories of Rocket on the McCall Gardens website obituary page:
www.mccallgardens.com

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